

DINNERLY



Low-Cal Black Bean Fish Stir-Fry with Capsicum and Brown Rice



30 minutes



2 Servings

Black bean sauce with beef is a classic, but this Chinese stir-fry is just as delicious with fish. Nutritious, nutty brown rice is a perfect accompaniment.

WHAT WE SEND

- 125g brown rice
- 1 red onion
- 1 green capsicum
- 1 celery stalk
- 60g garlic and black bean sauce ^{1,6}
- basa fish pieces ⁴

WHAT YOU NEED

- 1 tbs vegetable oil
- 2 tsp honey

TOOLS

- medium saucepan with lid
- medium deep frypan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Fish (4), Soy (6). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 490kcal, Fat 14.8g, Carbs 60.0g, Proteins 25.8g



1. Cook rice

Fill a medium saucepan three-quarters full with water and bring to the boil. Add the **rice** and cook for 25-27 mins until tender. Drain.



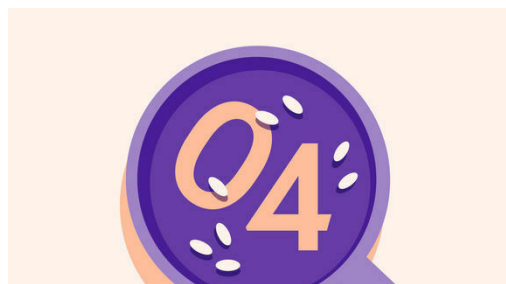
2. Prep ingredients

Meanwhile, cut the **onion** and **capsicum** into 1.5cm chunks. Thinly slice the **celery** on an angle. Combine the **black bean sauce**, **2 tsp honey** and **60ml (¼ cup) water** in a bowl.



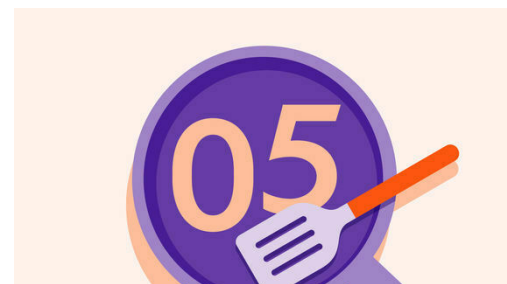
3. Cook fish

Heat **1 tbs vegetable oil** in a medium deep frypan over medium heat. Cook the **fish** for 2 mins each side or until lightly browned and cooked through (see Kitchen 101). Remove from the pan. Scrape up any crispy bits from the base of the pan and set them aside.



4. Stir-fry veggies

Return the pan to medium-high heat. Stir-fry the **onion**, **capsicum** and **celery** for 3-4 mins until softened. Add the **black bean sauce mixture** and stir to combine, then cover and cook for a further 2 mins or until the veggies are tender but still with crunch.



5. Serve up

Break the **fish** into large pieces. Add the fish to the veggie mixture and gently turn to coat in the sauce. Remove the pan from the heat. Divide the **rice** among bowls, top with the **fish stir-fry** and scatter over any **crispy fish bits**. Enjoy!



6. Kitchen 101

Cooking time may vary depending on the size and thickness of the fillets. To test the fish, flake it with a fork; if it comes apart easily, it's cooked.